

ABSTRACT

Disclosed herewith is a load controller and waist strengthening and rehabilitating apparatus using the same. In
5 the apparatus, a support unit is constructed by assembling all or some of a footrest, a backrest, a pedestal, a handle and related frames. The waist exercises are conducted utilizing a
backrest frame operated in conjunction with a load controller with the lower part of his body being fixed to the support
10 unit. The apparatus further comprises lower body holding means mounted on said support unit, said lower body holding means being comprised of a front thigh holder for tightly holding the front portion of the thigh and a rear thigh holder for tightly holding the rear portion of the thigh.

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